

# PLACER COUNTY

## 2013 Assistance Resource Guide

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## **Affordable Housing (Section 8)**

Section 8 is the more common name for the Housing Choice Voucher Program. These vouchers are awarded to individual who meet certain income and earned income requirements. The goal of this program is to provide affordable low cost housing to low-income occupants.

Where to apply:

- **Placer County Housing Authority – (530) 889-7610**  
11552 B Avenue, Auburn, CA 95603
- **Sacramento Housing & Redevelopment Agency – (916) 440-1390**  
701 12<sup>th</sup> Street, Sacramento, CA 95814

## **Bill Payment Assistance ([www.needhelppayingbills.com](http://www.needhelppayingbills.com))**

These are six of the primary expenses that consumers need help paying in today's challenging environment. For additional assistance email: [info@needhelppayingbills.com](mailto:info@needhelppayingbills.com), include your STATE in the email.

- Grants and financial aid to help with electric bills and energy expenses
- Help with medical bills
- Free mortgage help and foreclosure preventions
- Debt help and reduction of credit card and medical debts
- Help with taxes, including income and property
- Lawyers provide pro-bono and free legal advice and aid

## **Car Seat Resources**

Below is a list of agencies that assist parents and caregivers with installing child safety seats correctly.

### **Fire Departments**

#### **Roseville Fire Department (Placer County)**

Jim Owens (916) 774-5800

#### **Cosumnes Fire Department**

Fire Station #71 (8760 Elk Grove Blvd.)

Jennifer Rubin (916) 405-7114

#### **El Dorado Hills Fire Department**

(916) 933-6623

### **Safe Kids**

#### **Low Cost Car Seat Program**

Call (916) 864-5779

**2 hour class & FREE CAR SEAT with fitting for qualified low-income families.**

Methodist Hospital (South Area)

7500 Hospital Drive

Mercy San Juan Hospital (North Area)

6501 Coyle Ave, Carmichael

### **UC Davis Health Care System**

#### **Low Cost Car Seat Program**

Call (916) 734-9784

4900 Broadway, Suite 1650

### **CHP Offices**

#### **Limited FREE seats to eligible families**

(916)322-3337

By appointment ONLY, ask for car seat coordinator.

### **AAA Offices**

#### **Citrus Heights (Sacramento County)**

6109 Sunrise Blvd.

Donna Kinnear (916) 560-0503

#### **Auburn (Placer County)**

2495 Bell Rd.

Brennan Okusako (530) 886-2540

#### **Folsom**

2405 Iron Point Rd. Ste. 130

Debbie Tidwell or Marie Punzal

(530) 295-6614 or (916) 351-2634

### **Kaiser Women's Health Department**

#### **Child Safety Class**

Call (916) 614-4502.

Pregnant women 19 years or younger may attend a series of 5 childbirth and parenting classes (including a child safety class) for free. Available to Kaiser members only.

## Child and Family Assistance (♥ = FREE STUFF)

- **24 Hour Parent Support Line: 1-888-281-3000**
- **Children's Crisis Nursery: 394-2000**
- **Kids First Family Resource: 774-6802.** Offers a variety of FREE and low-cost programs & services to qualifying individuals. Family support, utility discount plan, counseling, housing stabilization services, and much more.
- **Healthy Family Program: 1-800-880-5305.** Provides low cost health care programs for children. Includes health, dental and eye care.
- **North Roseville Recreations Center: 789-7884.** Community Center that provides educational, recreational and social services at NO COST in a positive atmosphere that will allow disadvantaged children to reach their full potential.
- **♥ Mother/Baby Program: 456-1980.** A three day supply of the following items – baby formula, food and disposable diapers.
- **♥ S.A.C.A. Center: 648-8729.** FREE diapers and baby food if you attend one monthly workshop
- **♥ River City Community Services: 446-2627.** May possibly have some diapers and milk if you ask for some when you receive an emergency food basket.
- **♥ Child Action: 369-0191.** FREE child care information and referrals to child care centers, family day care homes, nursery schools and before and after school programs
- **♥ SFBFS Mother/Baby Program: 456-1980.** Provides emergency baby/toddler food, clothing, diapers, formula and hygiene items, miscellaneous baby and maternity items, baby furniture. Attendance in a parent education classes are required.
- **♥ Folsom Cordova Community Partnership: 361-8684.** FREE diapers and formula, rental and utility assistance, RT bus passes.
- **♥ The Effort at North Highlands Family Resource Center: 679-3925.** FREE kids clothes closet each third Monday.

## Clothing Assistance

- **Dress for Career Advancement Clothes Closet: 967-0405.** Job seeking clients can use the clothes closet once a month.
- **Hillsdale Career Center: 263-4100.** FREE clothing for job interviews only. Must call first to schedule an appointment.
- **Sacramento Clothes Closet: 456-1980.** FREEEE clothing for the entire family.
- **First Baptist Church of North Sacramento: 971-7643.** FREE clothing to people in need.
- **Orangevale 7<sup>th</sup> Day Adventist: 967-0405** (95662 zip code residents only) FREE clothes once a month.
- **Union Gospel Mission: 447-3268.** Men & Women's emergency clothes.
- **Murph-Emmanuel African Methodist Church: 332-7749.** Third Friday of each month we give away FREE food and clothes.
- **New Testament Baptist Church: 344-0440.** Clothing giveaway on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month.
- **The Effort at North Highlands Family Resource Center: 679-3925.** Third Monday of each month FREE clothes closet.

## **Crisis Hot Lines:**

- Child Protective Services – (916) 784-6060
- Children's Crisis Nursery – (916) 394-2000
- Domestic Violence – (800) 575-5352
- Mental Health Emergency – (530) 886-5401
- Parent Support Line – (888) 281-3000
- Substance Abuse Emergency – (888) 886-5401
- Suicide Prevention Crisis/Counseling – (916) 773-3111
- Youth Crisis Support Line – (800) 843-5200

## **Dental Care Assistance:**

- Donated Dental Services: (887) 357-8660
- Adult Dental Clinic – Placer County Residents: (530) 889-7188
- Adult Dental Care – Sacramento County Residents: 361-1660
- Sacramento County Dental Clinic: 874-8300
- Youth Dental Services: 443-8333
- Sacramento City College Dental Services: 558-2303
- Denti-Cal Provider Information: (800) 322-6384. Information about dentists who accept Medi-Cal.

## **Domestic Violence Resource in : Placer County**

**ABUSE IS:** verbal assaults, emotional abuse, denial of rights, intimidation, isolation, physical abuse, and sexual assault.

### **Stand Up Placer – 24 HOUR CRISIS COUNSELOR: (800) 575-5352**

- 24 hour emergency shelter (safe house) for women & children
- Emergency food, clothing & transportation
- Crisis response to hospitals
- Hospital accompaniment for rape victims
- In-person crisis intervention for victims & their families
- Legal & social services with temporary restraining orders
- Support groups
- Counseling

**Stand Up Placer's Safe House** is located in a secure and confidential location, and offers women and children of Placer County who are escaping domestic violence a safe place to live and recover. We also offer a battered women's recovery and transitional housing program for substance abuse treatment and prevention. We offer support groups facilitated by crisis intervention counselors. We also provide individual, group, family and children's therapy to victims of domestic violence, sexual assault and molestation. We provide legal advocacy as well as 24-hour emergency response to calls in Placer County.

**[www.standupplacer.org](http://www.standupplacer.org)**

**Roseville: 700 Sunrise Ave. Suite N, Roseville, CA 95661 – 773-7273**

**Auburn: 11960 Heritage Oaks, Ste. 15, Auburn, CA 95603 – (530) 885-0443**

## **Domestic Violence Resources in: Sacramento County**

### **Hotlines & Shelters:**

- Domestic Violence Intervention Center of Citrus Heights : 728-7210
- W.E.A.V.E. / Sacramento: 920-2952
- My Sisters House / Sacramento: 428-3271
- St. John's Shelter for Women & Children/Sacramento: 453-1482
- The Center for Violence-Free Relationships / Placerville: (530) 626-1121

### **Children's Emergency Services:**

- Parent Support Hotline: 394-2005
- Crisis Nursery: 394-2000
- Child Protective Services: 784-6060

### **Victim Assistance:**

- Victim/Witness Center: 874-5701
- Victim Notification of Abuser's release from jail: 800-491-3064
- Legal services: 800-842-8467

## **Emergency Housing / Motel Vouchers / Shelters:**

- Travelers Aid ( OFFER MOTEL VOUCHERS) 399-9646
- Salvation Army ( OFFER MOTEL VOUCHERS) 784-3382
- Gathering Inn / 201 Berkeley Ave./ Roseville: 791-9355
- Home Start Family Center / 410 Riverside Ave./ Roseville:782-6667
- What Would Jesus Do? / Roseville : 786-9953
- The Lazarus Project / Roseville: 772-6833
- Powerhouse Ministries / 705 Wales Dr. / Folsom: 983-0658
- Acres of Hope – women & children only / Applegate: (530) 878-8030
- Hope, Help & Healing / 11960 Heritage Oak Pl. / Auburn: (530) 885-4249
- St. John's Shelter – women & children only / Sacramento: 453-1482
- Sacramento Area Housing / family shelter / Sacramento: 455-2160
- Sacramento Area Housing / women's refuge / Sacramento: 455-0415
- Mather Community Shelter / single's / Sacramento: 228-3107
- Mather Community Shelter / families / Sacramento : 455-2194
- American Red Cross / 8928 Volunteer Lane / Sacramento: 993-7070
- Department of Human Assistance / 1725 28<sup>th</sup> St. / Sacramento: 874-2012

## **Eviction & Legal Assistance -**

Any 3 day notice, or a 30 day notice should be treated as an **EMERGENCY** and **LEGAL ASSISTANCE** should be obtained **IMMEDIATELY**. Call the phone numbers below to **STOP** your eviction:

**Placer County Housing Authoring (530) 889-7676**  
**Placer Dispute Resolution Service: 645-9260**  
**River City Community Services: 446-2627**  
**Human Rights / Fair Housing Commission: 444-6903**  
**Sacramento Mediation Center: 441-7979**

- if a landlord wants to evict you, a notice or letter must be served to you by the landlord or an attorney. To **APPEAL** the eviction you **MUST** respond to the court within the given time frame. **IF YOU DO NOT RESPOND YOU MUST MOVE**. If you do not move, the sheriff's department can forcibly remove you from the premises.

## **Financial Counseling / Budget Coaching**

- Financial Discipline: 787-4541
- Faith Financial Planners: 788-8412
- Cornerstone Financial Partners: 771-2331
- By Design Financial Solutions: (800) 750-2227

## **Food Assistance – Roseville**

- CalFresh – call to see if you qualify for a food benefit card today - #1-877-847-3663, or [www.calfresh.ca.gov](http://www.calfresh.ca.gov)
- Placer Food Bank Information: [www.placerfoodbank.org](http://www.placerfoodbank.org) – type in your ZIP CODE and find the nearest food distribution center near you.
- Bridgeway Church - #408-6560 – call first for date and time of distribution.
- Metro Calvary Church - #774-9673 – call first for date and time of distribution.
- Global Food Bank – 387-9000 – call first for date and time of distribution.
- Twin Lakes Food Bank – 985-6232 – call first for date and time of distribution.
- Abundant Life Fellowship - #783-1989  
(no zip code restrictions)  
706 Atlantic / Wednesday from 10:00 – 12:30
- St. Vincent de Paul's - #781-3303  
(no zip code restrictions)  
503 Guiseppe Ct.  
Tuesday-Friday, 9:00-11:00
- Salvation Army - #784-3382  
(proof of zip code required: 95678, 95661)  
102 Lincoln St.  
Mon.-Thur. from 10:00 - 3:00, & Friday from 1:00 – 3:00.
- Harvest Community Church - #771-4781  
(proof of zip code required: 95678, 95677, 95747, 95765, 95661)  
1376 Blue Oaks Blvd.  
Tuesday 4:30 – 5:30
- 7<sup>th</sup> Day Adventist - #(530) 885-4232  
(proof of zip code required: 95602, 95603, 95604, 95713, 95663)  
12225 Rock Creek Rd. Auburn  
Tuesday: 9:00-1:00pm.
- The Salt Mine - #645-3778  
(proof of zip code required: 95648, 95640, 95699)  
590 G Street  
Tuesday-Friday, 10:00-12:00

## **Food Assistance – Sacramento**

- Central Downtown Food Basket: 568-7606
- Salvation Army: 442-0303
- Sunrise Christian Food Ministry: 965-5431
- Orangevale Food Closet: 967-2838
- North Highlands Christian Food Ministry: 331-1510
- Carmichael 7<sup>th</sup> Day Adventist Food Closet: 487-8685
- Carmichael Presbyterian Church Food Closet: 483-9232
- Capital City 7<sup>th</sup> Day Adventist Food Closet: 381-5353
- Del Paso Heights Food Locker: 927-6981
- El Camino Baptist Church: 488-1522
- South Sacramento Emergency Food Closet: 428-5290
- Our Lady of Lourdes Church: 925-5313
- Sierra Arden Food Closet: 483-1942

## **Foreclosure Assistance with: Keep Your Home California, (888) 954-5337**

A FREE service for homeowners who have suffered a financial hardship, to help them stay in their homes, maintain an affordable mortgage payment and avoid foreclosure. Call to see if you qualify.

## **Furniture Assistance**

- **Love Inc. / 383-3232.** We work with local congregations to deliver a bed or beds to family members that don't have one, deliver food to a family without transportation, provide a kitchen table & chairs, assist with one-time household repairs, and much, much more. [info@loveinc.us](mailto:info@loveinc.us)
- **Free Ride, Inc. / 259-1904.** We help those who need a hand up with a sofa, table, a chair, etc. Call for an application.
- **Furniture for Families / 635-0664** (screening involved, call first)

## **Homeless Assistance**

- **Gathering Inn (916) 791-9355.** Must be at the center by 8:00 am. Must have a current TB test & paperwork (or come in and be tested). Must be clean & sober. Must not be on Megan's law. Must show proof of Placer County Residency. Guests have access to showers, lockers, clean clothes and a place to relax. They can also receive healthcare, housing and employment opportunities.
- **Placer County Housing Program (530) 889-7240:** The basic requirement is that individuals are currently homeless. Providing rental assistance and supportive services to qualified individuals.
- **Cirby Clubhouse, (916) 787-8995, 101 Cirby Hills, Roseville, CA 95661:** A drop in center that provides housing resources and referrals. Tuesday – Thursday from 11:00 – 4:00 only.

## **Legal Assistance**

- **Placer County Legal Help Center: (530) 889-7465, [www.placerco.org](http://www.placerco.org)**
- **Dispute Resolution Services: 645-9260, [www.pdrs.org](http://www.pdrs.org)**
- **Legal Services of Northern California: (530) 823-7560**
- **Child Advocates of Placer County: (530) 887-1006**
- **Child Support Assistance: (800) 795-1639, [www.supportkids.com](http://www.supportkids.com)**
- **Legal Center for the Elderly and Disabled: 486-2110, or 488-5298**

## **Medical Clinics and Medical Assistance**

- **FREE Clinic – Community Health Clinic / Roseville: 791-9355**
- **Community Clinic: 784-6444**
- **Capitol Community Health Network: 447-7222**
- **FREE Mammograms to low income women 40 or over – YMCA Encore Program: 264-8066**
- **FREE Clinic – Folsom Family Clinic: 983-3658**
- **Community Clinic / Auburn: (530) 889-7215**
- **FREE Clinic – Mercy Clinic / Sacramento: 446-3345**
- **FREE Clinic – White Rock Family Clinic / Rancho Cordova: 364-0724**
- **FREE Clinic – Del Paso Health Clinic / Sacramento: 648-0970**
- **FREE Clinic – County of Sacramento Primary Care Clinic: 874-9670**
- **Medical Transportation - Health Express: (800) 650-7433**
- **Medical Transportation - Dial-a-Ride: 774-5757**

## **Placer County Adult Services / Toll free: (888) 886-5401**

The Placer County Health & Human Services Adult System of Care works with local agencies to provide a range of services for adults and older adults.

The division goal is to help adults in their care maintain as much independence and self-sufficiently as possible, while also receiving necessary medical and in-home support services. **Services include:**

- **Adult Mental Health Services Programs** - including therapeutic intervention, case management and support, skill development, medication and employment services.
- **Senior Peer Counseling** - a free and confidential service where county seniors receive weekly visits from counselors who are their peers, and who are trained to discuss mature-adult issues like grief, health difficulties, retirement or relocation.
- **Substance Abuse Treatment Programs** – including services to encourage self-help, out-client and residential programs.
- **In-Home Supportive Services Programs** – to provide older and disabled adults and children with domestic and personal care services which allow them to stay in their own homes and live their lives safely and with dignity.
- **ACCESS – Adult, Child & Community Emergency Services Systems** – for at-risk children and adults in emergencies and crises, to report child and elder abuse. This is a 24-hour service.
- **Adult Protective Services and Public Guardian** – a program to protect older and dependent adults from abuse and neglect.



## **The Placer County Network of Care / [www.placernetworkofcare.org](http://www.placernetworkofcare.org)**

The Placer county Network of Care is a FREE collaborative, ON-LINE resource designed to connect individuals and families with wellness improving information.

### **Some of the services you will find on the web site:**

- Addictions and Substances abuse
- Crisis & Emergency Services
- Disability Assistance
- Domestic Violence
- Employment & Job Training
- Families & Children
- Financial Assistance
- Food, clothing & household
- General Health & Dental
- Housing/Homeless Services
- Legal Services & Issues
- Meals/Food Assistance
- MediCal Providers
- Senior Assistance
- Support & Support Groups
- Transportation
- Veteran Services
- Victim/Survivors
- Youth Services

## **Pregnancy & Adoption Resources**

- Alternatives Pregnancy Resource Center: 880-4040
- New Life Pregnancy Center: 624.8990
- Koinonia Family Services: 652-5802
- Bethany Christian Services: 800-454-0454
- Heartfelt Adoptions: 362-2300
- Family Connections Christian Adoptions: 568-5966

## **Rent Assistance for “Placer County” Residents:**

- What Would Jesus Do? : 786-9953
- Salvation Army: 784-3382
- The Salt Mine: 645-3778
- St. Vincent's: 781-3303
- Travelers Aid Financial Assistance: 399-9646
- Lazarus Project: 772-6833
- Stonehouse Financial Assistance: 784-6000
- Temporary Assistance for Needy Families: (530) 546-1900
- HHS Program for disabled people: (530) 889-7240

## **Rent Assistance for “Sacramento County” Residents:**

- Sacramento Housing Agency: 440-1317
- River City Community Services: 446-2627
- Sacramento Salvation Army: 678-4050
- Greater Sacramento Urban League: 286-8607
- Powerhouse Ministries: 482-6774
- Travelers Aid Society: 399-9646

## **Sacramento Information Resource Line: 2-1-1**

**2-1-1** calls are answered by an *Information & Referral Specialist*. Specialists are trained in navigating the maze of human service agencies and programs. Bilingual Specialists are available.

### **Adoption/Foster Care**

- Adopting Children
- Foster Parents
- Housing Programs for Former Foster Youth

### **Adult Health and Social Services**

- Apply for Medical/Dental Services for Adults
- Assistance for Low-Income Residents
- Disease Information
- CalFresh (Food Stamps)
- General Assistance (Welfare)
- HIV and Other Sexually Transmitted Diseases Testing
- In-Home Support for Disabled Adults
- Mental Health Advocacy and Patient Rights
- Mental Health Care
- Mental Health Consumer Advocacy Program
- Network of Care for Mental and Behavioral Health
- Refugee Preventive Health Program
- Transitional Housing at Mather Community Campus
- Veterans Services

### **Homeless Services**

- Healthcare Services for Homeless People
- Mental Health Supports for Homeless People

### **Indigent Health Services**

- County Health Clinics
- County Medically Indigent Services Program

### **Pregnancy and Parenting**

- Alcohol and Drug Abuse in Pregnancy
- Baby Safety
- Birth & Beyond (*Families with babies 0-6 months*)
- Black Infant Health Program
- Breastfeeding

- Car Seat Safety
- Child Development
- Child Support Services
- Childbirth Education
- Childhood Diseases
- Childhood Illness and Injury Prevention Program
- Dental Health Program
- Family Planning
- First 5 Sacramento Commission (*Families with children 0-5 years*)
- Healthy Teen Mothers
- High-Risk Infant Follow-Up Program
- High-Risk Pregnancy Nursing Services
- Lead Poisoning Prevention
- Nurse Family Partnership (*First-time moms*)
- Pregnancy Care Guidance Program
- Pregnancy Resource Guide
- Prenatal Care
- Public Health Nursing Services
- Ombudsman for Department of Health and Human Services
- School Entry Health Exam
- Sudden Infant Death Syndrome/Grief Support
- Women, Infants and Children – WIC (*Nutrition program*)

### **Protective Services**

- Adult Protective Services
- Child Protective Services
- District Attorney's Special Assault and Child Abuse Unit
- Domestic Violence Prosecution
- Women Escaping a Violent Environment (WEAVE)

### **Public Health**

- Hot Topics in Public Health
- Medical Marijuana Identification Cards
- Restaurant and Food Facility Inspection Search 

## **Recovery Services**

- Advocacy and Patients Rights
- Alcohol and Drug Counseling
- Alcohol and Drug Residential Recovery Programs
- Alcohol and Drug Treatment for Pregnant and Parenting Women
- Alcohol and Drug Education
- Alcohol and Drug Services
- CalWORKS Counseling
- Managed Care
- Therapeutic Recreation Services
- Tobacco Education

## **Senior Health and Social Services**

- Adult Protective Services
- Assisted Living
- Managed Care
- Meals on Wheels
- Mental Health Advocacy and Patients Rights

- Network of Care
- Public Administrator, Guardian, or Conservator
- Senior and Adult Services

## **Youth Health and Social Services**

- Alcohol and Drug Counseling
- California Children's Services (*Health care for children/youth with disabling conditions*)
- Child Health & Disability Prevention Program (*Preventive health care*)
- Child Protective Services
- Health Exams for Children
- Immunization Program
- Independent Living Program
- School Entry Health Exams

## **Salvation Army – Assistance & Services**

**Assistance programs based on availability of funding, residence, and income qualification.**

- **Roseville: #784-3382**
- **Sacramento: #678-4010**
  - Food Boxes: 6 times per year with 30-day waiting period between boxes.
  - Rent Assistance, Eviction Avoidance: \$200 to \$600
  - Utility Assistance with your PG&E bill: up to \$300
  - Utility Assistance with your SMUD bill: up to \$200
  - Water, Sewer & Garbage: up to \$100
  - Emergency lodging/shelter: 1 to 3 nights
  - Bus Tickets & Gasoline Vouchers: must show valid CA drivers license, current auto registration and current proof of financial responsibility

## **Senior Citizen Assistance / Placer County Residence / <http://www.a4aa.com/html/placer.html>**

### **Information & Assistance**

#### **Seniors First / Senior Link / 800-878-9222**

Senior Link is a free service for seniors who reside in Placer County as well as individuals that care for them. Need information or assistance, we'll link you to the programs and services in the community.

### **In-Home Supportive Services**

#### **Personalized Homecare & Homemaker Agency / 916-979-4975**

Personalized Homecare provides in-home services of personal care and homemaker services to frail, functionally impaired persons 60 years of age and older who are not eligible for County In-Home Supportive Services (IHHS) and can not afford to pay out of pocket for in-home services.

### **Legal Services**

#### **Legal Services of Northern California / 530-823-7650**

LSNC offers legal assistance, representation and community education/advocacy services out of the Mother Lode office in Auburn and the Grass Valley office.

### **Medication Management**

#### **Home Health Care Management, Inc. / 530-343-0727**

Provides direct medication management and community education services to adults 60 years of age and older. Registered nurses help train the patient and caregiver(s) in the use of medication disbursement machines in their homes and provide follow-up assessments quarterly.

### **Minor Home Modifications and Repairs**

#### **Placer Independent Resource Services (PIRS) / 530-885-6100**

PIRS is a nonprofit independent living center whose mission is to advocate, empower, educate the community, and provide services for people with disabilities enabling them to control their alternatives for independent living. The Home Modification/Repair services enable seniors to reduce the risk of falls and to assist with maintaining independence at home. Services include installation of grab bars, ramps, levered faucets, handles, or other controls, as well as minor home repairs such as leaking faucets, minor electrical repairs or reinforcing steps.

### **Nutrition**

#### **Seniors First (Southern Placer) / 530-889-9500**

- Senior Lunch Program provides hot, nutritious lunches for adults 60 and older throughout Placer County in a congregate setting.
- Home-Delivered Meals provide hot, nutritious lunches for adults 60 and older, who are homebound and unable to prepare meals alone.

### **Transportation Services**

#### **Seniors First / 530-889-8500**

If you no longer drive and cannot take public transportation, a volunteer driver will assist you with a door-to-door ride for your medical, dental, grocery shopping, banking and other needs.

### **Additional Senior Resources:**

- The Senior Connection Resource Line: 334-1072
- Placer County Senior-Link: (800) 878-9222, ext. 214, or 216
- SeniorCareHaven.com (Referral & Placement Agency) 532-9029
- Door-to-door Rides: (800) 878-9222, ext. 202
- Senior Gleaners food program: 925-3240
- Meals on Wheels: (800) 878-9222, ext. 206
- Senior Nutrition Senior Café: (800) 878-9222, ext. 208
- Friendly Senior Visitor Program: (800) 878-9222, ext. 219
- Housing Placement Assistance: (800) 878-9222, ext. 209
- Health Express Medical Appointment Transportation: (800) 655-7433
- Senior Companion Program: 875-3582
- Home Instead Senior Homecare Services: (530) 885-3904
- Personalized Homecare & Homemaker Agency: 979-4975
- Placer County Medical and In-Home Support Services: (530) 889-7240
- Senior Independent Services: (530) 885-7706
- ComForCare Senior Services: 784-9233
- Respite & Recreation Program through Sutter Health: 781-1559
- Alzheimer's Aid Society of Northern California: (800) 540-3340
- Senior Safety Repair Service: (800) 878-9222, ext. 401
- Handyman Program for low-income seniors 62 years of age or older: 1-800-878-9222, ext. 205.

### **Substance Abuse Recovery Programs**

- Substance Abuse **CRISIS HOTLINE**: (888) 886-5401
- Placer County Alcohol & Drug Treatment: 787-8800
- The Effort: 454-1100
- Clean & Sober Program: 498-0331
- Al-Anon & Alateen: 334-2972
- Alpha Oaks Recovery for Women: 944-3920
- Central CA Fellowship of AA: 454-1771
- Pacific Hills Treatment Center: (866) 503-1004
- Gateway Recovery House for Women: 451-3912
- Mercy Ministries for Women: (615) 831-6987
- Family Therapy for Effective Recovery: 344-0359

## **Substance Abuse Residential Programs / Transitional Housing**

- **Acres of Hope** - (530) 878-8030. Long term faith based renewal center serving homeless women with children under 12, by providing them with a safe and healing environment with effective, ongoing structured programming.
- **Home Start** – (916) 782-6667. Single parents or married families with children, or individuals working to reunify with their children. A one-year program, which includes drug & alcohol support groups, financial education, family violence and parenting classes including health clinic.
- **Hope, Help & Healing, Inc.** –(530) 885-4249. State licensed & certified drug & alcohol residential recovery treatment facility and sober living environment for men & women.
- **NOR-CAL Clean & Sober Living** – (916) 676-2825. Clean & sober living for men & women in recovery, also now offers a house for women & children. [www.nor-cal-clean-sober.com](http://www.nor-cal-clean-sober.com)
- **Lazarus House** – (916) 772-6833, ext. 2. Transitional housing program for men & women in need of housing to stabilize their lives.
- **New Leaf** – (530) 889-9195. Substance Abuse / Halfway house/ Transitional Housing in Auburn.
- **Recovery Now** – (916) 868-2207. Clean & sober living for men & women who are committed to working the program. [www.recoverynow.net](http://www.recoverynow.net)
- **Re-Entry** – (916) 223-3619. Drug & alcohol rehab, life skills, parenting skills, one-on-one or group therapy.
- **Teen Challenge / Christian Based Program** – The person needing help must take responsibility and call to set up an interview themselves. Women call (530)751-9511. Men call (916) 443-3049.

## **Suicide Prevention Hot Line for Advise / Counseling / Roseville # 773-3111**

- **Sacramento:** 368-3111
- **Auburn:** 885-2300
- **Lincoln:** 645-8866

**LOOK** – your friend might not say, “I’m going to kill myself” but may give some hints such as:

- Fascination with death, suicide
- Withdrawing from friends and family
- Feeling hopeless
- Trouble concentrating
- Giving away belongings
- Not sleeping or sleeping a lot
- Extreme changes in eating habits

### **LISTEN**

- Let your friend know you really care by talking to him/her seriously
- Tell your friend that, although right now suicide seems like the answer to their problems, there are always other solutions.
- Listen to their feelings, not just their words.

### **ACT**

- Don’t keep secrets about your friend’s intentions
- Ask your friend to call the hot line for advise and counseling
- If they won’t call, **YOU CALL!**

## **Utility Bill Assistance**

### **SMUD**

- EMERGENCY payment arrangements: 1-888-742-7683
- Payment assistance (HEAP): 567-5200
- Payment assistance (Sac. Utility Dist.): 875-1355
- Payment assistance (EAPR): 1-866-657-6624

### **PG&E**

- EMERGENCY payment arrangements: 1-800-743-5000
- Payment assistance (Project Go): (888) 524-5705
- Payment assistance (REACH) : 1-800-933-9677

### **CITY OF ROSEVILLE UTILITY/ 774-5300**

- For customers requiring additional time to pay their City of Roseville utility bill, payment arrangements *may be available*. Payment arrangements must be established prior to the customer's final date to pay. To establish a payment arrangement the customer must come to the City of Roseville Finance Department located at 311 Vernon Street to sign the agreement. At that time the customer will be required to provide a photo identification.

### **OTHER Utility Payment Assistance Programs (*while funds are available*):**

- Salvation Army (Roseville Residents): 784-3382
- Salvation Army (Sacramento Residents): 678-4040
- Travelers Aid Society Utility Payment Assistance: 399-9646
- Greater Sacramento Urban League: 286-8608

## **Welfare Office – 1000 Sunset Blvd. #200, Rocklin, CA: 784-6000**

- Food Stamps
- Housing Voucher Program
- Medi-Cal Health Insurance
- Supplemental Security Income (SSI)
- Medical Care Services Program (MCSP)
- Cal Works

## **Youth Crisis Hot Lines**

- Parent Support Line: (888) 281-3000
- California Youth Crisis Line: (800) 843-5200
- National Runaway hotline: (800) 231-6946
- Child Find Hotline: (800) 426-5678
- Child Molester Identification Hotline: (800) 463-0400
- Missing, Abused & Exploited Children: (800) 818-4673
- Suicide Prevention Lifeline: 773-3111
- S.A.F.E. (Self Abuse Finally Ends/cutting): (800) 366-8288
- Sacramento County juvenile Hall: 875-5150
- Youth/Adult Protective Services: 874-9377